

# SPA MENU



## WELCOME TO THE TANNENHOF SPA

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*Natural materials and selected products from the Tyrolean Alps create in our 500 sqm SPA a special atmosphere of calmness and relaxation.*

*In addition to our first-class massage and beauty treatments you will find a 75 sqm pool with counter flow jets, an indoor and an outdoor sauna with picturesque view, steam bath, Jacuzzi® and a spacious SPA lounge.*

The offer is completed by a gym with Technogym® and Powerplate® equipment. In the entire SPA area, we offer a variety of teas, soft drinks, fresh water and small snacks.

The SPA area is laid out for six people and the opening hours are from 8.00 am to 8.00 pm. During this period, the SPA team is available for treatments.

From outside call **+43 5446-30 311**, from your suite just dial **31** or visit us at the SPA reception.

## OUR PRODUCTS

*We take pride in offering you only the finest and most luxurious products in our SPA. Our selection is based on our philosophy of organic health and wellness, caring for exactly what is applied to your body.*

### AQUA ORGANIC®

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The ABC of healthy skin. Every letter stands for a specific application area and creates individual skin sensations ranging from cooling to warming and soothing to vitalizing. Honesty, balance, and wholesomeness are the key values of their concept reflected in the award-winning, plain product design. Altogether the ever-growing line embodies the whole medicinal expertise with fluent skills in dermal multisensuality. Organic cosmetics of highest quality.

### ALPIENNE®

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The basis for the Alpienne label is the decades-long knowledge of the healing power from herbs. The production is resource-saving and sustainable with raw materials from the picturesque Kaunergrat nature park in Tyrol. The unique care products are created from highly concentrated and 100% herbal active substances.

### YOUNG LIVING®

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Passionate about preserving essential oils as nature's living energy, fostering a community of healing and discovery, and inspiring people to live lives of wellbeing, purpose, and fulfilment. They produce their products exceptionally sustainable and have been the market leader and pioneer in essential oils for 30 years.

# MASSAGE RITUALS

## TANNENHOFS INDIVIDUAL TOUCH

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Your current condition and individual needs are the absolute focus of this treatment. Trust the experienced hands and the competence of your spa therapists and determine the focus of this treatment together.

Whether invigorating or deeply relaxing - a unique mixture of different massage styles, precise techniques and therapeutically effective massage oils of the highest quality, will help to achieve the desired result and to regenerate. Take a break from everyday life and forget the world around you.

**40 Min 100.00 €**

**60 Min 130.00 €**

**90 Min 165.00 €**

## WALDMEISTER

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A warming footbath is followed by a refreshing leg and foot treatment, and an energetic body massage with fascia rolls. In addition to highly effective sage, juniper berry, rosemary, and thyme oils, we use the very special phyto-powers of mosses, lichens, ferns, mistletoe, fungi, and herbs, which are great for muscles and joints and at the same time they provide the skin with a tremendous amount of moisture, elasticity, and regeneration.

**90 Min 180.00 €**

## TANNENHOF LOMI LIKE

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Holistic massage and mindful joint work revitalize and regenerate the entire body and nervous system. The lymph flow and blood circulation are harmonized with long and flowing massage movements and with heated body oil according to old Hawaiian tradition. The body's metabolic processes are stimulated, and deep relaxation is achieved on all levels.

**60 Min 130.00 €**

**90 Min 165.00 €**

## FEET & CALVESWELL

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An invigorating foot bath with a peeling, as well as an intensive and at the same time very relaxing massage of the feet and calves, will make you feel wonderfully strengthened and refreshed.

**45 Min 100.00 €**

## LOMI LIKE MEETS HOT STONE

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If the dynamic flow of a Lomi-Like massage is combined with the deep-acting quality of hot lava stones, the result is a unique treatment that renews your strength and energy in a wonderfully warming and relaxing way.

**90 Min 195.00 €**

## RAINDROP TREATMENT

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The Raindrop Treatment is an unforgettable olfactory experience. An intense aroma journey through the Mediterranean herbal cuisine, in which a combination of highly effective essential essences is used. A gentle treatment with a deep and long-lasting, regenerating effect on the entire system and a positive influence on the respiratory tract and digestion. An intense Mediterranean bouquet and a wonderful feeling of lightness remains.

**60 Min 165.00 €**

**90 Min including intense back massage 210.00 €**

## PEELINGS & SPECIALS

### HONEY - DETOX BACK TREATMENT

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This massage is particularly detoxifying. The soothingly warm, homemade honey is applied to the back. This develops into a relaxing, nourishing balm. The viscous mass that acts on stuck fascia and tense muscles, intensively detoxifying at the same time.

**40 Min 120.00 €**

### DETOX TREATMENT

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Pamper your skin and body with beneficial chlorella algae and aloe vera for relaxation and detoxification. A soothing and deacidifying full-body peeling is the preparation for this nourishing full-body pack. During the exposure time, you will enjoy a relaxing and a lymph-stimulating facial massage.

**90 Min 200.00 €**

### FURTHER TREATMENTS

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In addition to our facial- and body treatment menu we are very pleased to offer eyelash and eyebrow enhancement, colouring and shaping. Please contact our SPA team.

# BEAUTY

## LUXURIOUS MANICURE

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The components of the manicure are peeling and mask forming your nails and cuticles. Your hands are pampered with a nourishing hand cream, peeled if desired, and the nails are varnished.

60 Min 95.00 €  
+ nail polish 90 Min 110.00 €

## LUXURIOUS PEDICURE

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Pamper your feet with an exclusive treatment. Enjoy the warm bath, herbs peeling and a relaxing massage of your feet. The nails will be varnished on request.

60 Min 105.00 €  
+ nail polish 90 Min 120.00 €

## LUXURIOUS FACIAL

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A regenerating facial treatment based on plant complexes, beta-carotene, hyaluronic acid, and snow algae. Your skin will be intensively nourished and energized. The moisture balance of your skin will be sustainably improved. The finale of each treatment is the special, moisturizing alginate mask with which we achieve a wonderful finish for your skin.

60 Min. 160.00 €

Tailored to your skin, the high-quality active ingredients are introduced deeper into the skin layers with the **add-on ultrasound treatment**.

90 Min. 210.00 €

## INFO

### SPA ETIQUETTE

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Bathrobe and slippers are supplied in your suite and in the changing rooms. Towels are available throughout the SPA area.

Please note that smoking is not permitted in the entire SPA area. For your own wellbeing and relaxation as well as in consideration of other guests, we kindly ask to switch off your mobile phone when entering the SPA.

Safety boxes are provided in your suite and in the changing rooms of our SPA. We recommend that you use them for your valuables. However, we do not take liability for any loss or damage.

### UPON REQUEST

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If you like, we can organize massages performed in your suite. A surcharge of 40 percent applies. Feel free to book treatments outside our opening hours from 8:00 am to 8:00 pm. The surcharge is 30 percent.

### CANCELLATION

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We recommend arriving 10 minutes prior to your appointment. This allows you to grasp a feel for the SPA and begin to unwind for your treatment. If for any reason, you have to cancel your appointment, please do so at least 3 hours in advance. If you cancel later, we will charge 50 percent of the fee and in case of a no-show 100 percent of the treatment price. Please note that your treatment time will be shortened if you are late for your appointment.

